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Personalized Cooking Aprons

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APPLE PIE

**2 lb. McIntosh apples, peeled, cored
and thinly sliced (7 cups)**
2 T. lemon juice
2 T. granulated sugar
1 T. Butter Buds Sprinkles
4 packets Sweet 'N Low
1 T. all-purpose flour
1 1/2 tsp. ground cinnamon
1/8 tsp. ground allspice
4 sheets phyllo dough, thawed
Nonfat frozen vanilla yogurt (optional)

Preheat the oven to 375°F. Spray a 9-inch pie pan with nonstick cooking spray.

In a large bowl, toss the apples with the lemon juice.

In a small bowl, combine the sugar, Butter Buds, Sweet 'N Low, flour, cinnamon and allspice. Add to the apples and toss to coat.

Lightly spray one sheet of phyllo dough with nonstick cooking spray. Fold in half and spray again. Place in the pie pan with one edge hanging over the pan. Repeat the process with the remaining 3 sheets of dough, overlapping in the pan to cover the bottom completely.

Spoon the apple mixture into the pan. Fold the edges of the dough over to cover the apples. Spray with nonstick cooking spray. Bake 35 minutes, or until the dough is crisp and the apples are tender when pierced with a sharp knife. Cool slightly before serving.

Serve with nonfat frozen vanilla yogurt, if desired. Makes 1 (9-inch) pie, 8 servings.

Variation

Seven cups of sliced fresh peaches or pears, or fresh blueberries, may be substituted for the apples.

Per serving (1/8 pie): 115 calories, 1g protein, 29g carbohydrate, 1g fat, 1g saturated fat, 0mg cholesterol, 65mg sodium

Diabetic exchanges: 1/2 starch, 1 1/2 fruit

BROWNIES

1/2 C. light margarine
2 (1 oz.) squares unsweetened chocolate
2/3 C. granulated sugar
2 large eggs
3 T. skim milk
1 tsp. vanilla extract
1 C. all-purpose flour
1 1/4 tsp. Sweet 'N Low®
1/4 tsp. baking soda
1/8 tsp. salt
1/4 C. chopped walnuts or pecans (optional)

Preheat oven to 350°F.

In a medium saucepan melt margarine and chocolate over low heat. Remove from heat and beat in sugar, eggs, milk and vanilla extract until well combined. Stir in flour, Sweet 'N Low, baking soda and salt. Fold in nuts

Spread batter into an 8-inch square baking pan sprayed with nonstick vegetable cooking spray. Bake 20 minutes or until a wooden pick inserted in the center comes out clean. Cool on a wire rack before cutting into squares. Makes 16 servings

Per serving: 133 calories, 3 g protein, 17 g carbohydrate, 7 g fat (2 g saturated fat), 27 mg cholesterol, 113 mg sodium

Diabetic exchanges: 1 starch/bread, 1 1/2 fat

CHERRY PIE

- 2 (16 oz.) cans pitted tart cherries**
(in water – no syrup)
- 1 large box cook & serve sugar-free**
vanilla pudding mix
- 1 small box sugar-free cherry gelatin**
- Sugar substitute to equal 4 tsp. sugar**
- 1 baked 9-inch pastry shell**

Drain cherries, reserving juice. Set cherries aside.

In a saucepan, combine cherry juice and dry pudding mix. Cook and stir until mixture comes to a boil and is thickened and bubbly. Remove from heat; stir in gelatin powder and sweetener until dissolved. Stir in the cherries; transfer to pie shell. Cool completely. Store in refrigerator.

8 servings, 176 calories each, 293 mg sodium, 0 cholesterol,
24 gm carbohydrate, 3 gm protein, 8 gm fat

Diabetic Exchange: 1 starch, 1/2 fruit

COLORFUL CHICKEN STEW

1 lb. boneless skinless chicken breasts, cubed
1 (14 1/2 oz.) can Italian diced tomatoes, undrained
2 medium potatoes, peeled and cut into 1/2-inch cubes
5 medium carrots, chopped
3 celery ribs, chopped
1 large onion, chopped
1 medium green bell pepper, chopped
2 (4 oz.) cans mushroom stems and pieces, drained
2 low-sodium chicken bouillon cubes
Artificial Sweetener equal to 2 tsp. sugar
1 tsp. chili powder
1/4 tsp. pepper
1 T. cornstarch
2 C. cold water

In a 5-quart crockpot, combine the first 12 ingredients.

In a small bowl, combine cornstarch and water until smooth. Stir into chicken mixture. Cover and cook on LOW for 8 to 10 hours or until vegetables are tender. Serves 10.

Nutritional Analysis: One 1-cup serving equals: 123 calories, 209 mg sodium, 25 mg cholesterol, 16 gm carbohydrate, 11 gm protein, 1 gm fat, 3 gm fiber.

Diabetic Exchanges: 2 vegetables, 1 very lean meat, 1/2 starch.

CHICKEN TACOS

Plan ahead when making this, as it needs to refrigerate 8 hours or overnight

1/3 C. olive or vegetable oil
1/4 C. lime juice
4 garlic cloves, minced
1 T. minced fresh parsley or
1 tsp. dried parsley flakes
1 tsp. ground cumin
1 tsp. dried oregano
1/2 tsp. pepper
4 boneless skinless chicken breast halves (1 1/4 lb.)
6 (8-inch) flour tortillas or taco shells, warmed
Toppings of your choice

In a large resealable plastic bag or shallow glass container, combine the first 8 ingredients. Add chicken and turn to coat. Seal or cover and refrigerate 8 hours or overnight, turning occasionally. Drain and discard marinade.

Grill chicken, uncovered, over medium heat for 5 to 7 minutes on each side or until juices run clear.

Cut into thin strips; serve in tortillas or taco shells with desired toppings.
Serves 6.

Nutritional Analysis: One serving (prepared with flour tortillas and without salt; calculated without toppings) equals: 338 calories, 289 mg sodium, 63 mg cholesterol, 28 gm carbohydrate, 27 gm protein, 12 gm fat

Diabetic Exchanges: 3 lean meat, 2 starch, 1/2 fat

CHOCOLATE KAHLUA CAKE

1 (18.25 oz.) box devil's food cake mix
1 small (1 oz.) box sugar-free instant chocolate pudding mix
1 C. nonfat vanilla yogurt
1/4 C. vegetable oil
1/3 C. skim milk
1 large egg
3 large egg whites
1/3 C. Kahlúa liqueur
1/3 C. semisweet chocolate chips
Cocoa

Preheat oven to 350°F.

Coat a 13 x 9-inch baking pan with nonstick cooking spray and dust with cocoa.

Place all ingredients except chocolate chips in a large bowl. Beat with mixer for 2 minutes or until well blended. Stir in chocolate chips.

Pour batter into prepared pan and bake for 50 minutes, or until a wooden pick inserted in middle comes out clean. Cool before cutting.

Nutritional Information Per Serving: 205 calories; 8 g fat; 31 g Carbohydrates; 3 g Protein; 13 mg cholesterol; 209 mg sodium

Diabetic Exchanges: 2 Bread/Starch; 1 1/2 Fat

CHOCOLATE MOUSSE WITH STRAWBERRIES

**1 (1.4 oz.) pkg. instant sugar-free
chocolate fudge pudding mix**
1 C. cold skim milk
1 3/4 C. light whipped topping
Whole fresh strawberries

In a mixing bowl, beat pudding mix and milk until well blended, about 2 minutes. Fold in whipped topping. Serve with strawberries for dipping. Also can be served over slices of angel food cake. Yields 2 1/2 cups.

*DIABETIC EXCHANGES: One 2 tablespoon serving equals a free food.
ALSO: 24 calories, 70 mg sodium, trace cholesterol, 4 gm carbohydrate,
1 gm protein, trace fat*

COCONUT SWEETS

3 oz. nonfat ricotta cheese
1/4 C. nonfat dry milk
1/4 C. plus 1 T. sugar
1/4 C. unsweetened shredded coconut

Grease an 8-inch square pan. Set aside.

In a large nonstick skillet, heat ricotta cheese over medium heat. Add milk powder and stir to mix thoroughly. Cook for 12 to 15 minutes until most of the liquid is evaporated. Stir frequently to avoid sticking or burning on the bottom.

Add sugar and stir. The ricotta cheese mixture will become liquid again. Cook for another 5 minutes, stirring occasionally. Add the coconut and mix thoroughly. Continue to cook for 3 to 5 minutes. The mixture should be quite thick.

Pour the mixture into the greased pan and press the mixture with a spatula.

Cut into 1-inch diamond shapes. The mixture sets as it cools. Cool completely before removing from the pan. Yields 16 servings.

Calories 137, Fat 3.9 g, Chol 7 mg, Carbs 20 g, Sodium 52 mg, Fiber 0.6 g

Exchanges: 1 starch, 1 fat

CROCKPOT SHREDDED BEEF SANDWICHES

1 (3 lb.) boneless beef roast
1 medium onion, chopped
1/3 C. vinegar
3 bay leaves
1/2 tsp. salt (optional)
1/4 tsp. ground cloves
1/8 tsp. garlic powder
12 hamburger buns, split

Cut roast in half; place in a crockpot. Combine next 5 ingredients; pour over roast. Cover and cook on low heat for 10 to 12 hours or until meat is very tender.

Discard bay leaves. Remove meat and shred with a fork. Serve on buns. Serves 12.

NUTRITIONAL ANALYSIS: One 1/2 C. serving (prepared without salt, calculated without bun) equals: 173 calories, 53 mg sodium, 78 mg cholesterol, 2 gm carbohydrate, 26 gm protein, 6 gm fat

DIABETIC EXCHANGES: 3 lean meat

CURRIED PINEAPPLE RICE

1/2 C. finely chopped onion
2 T. butter or margarine
2 1/2 C. uncooked long grain rice
2 garlic cloves, minced
1 T. curry powder
5 C. chicken broth
1 T. soy sauce
1 jalapeno pepper, seeded and chopped (optional)
1 (20 oz.) can unsweetened pineapple chunks, drained,
OR the equivalent of fresh pineapple
4 green onions, chopped

In a large saucepan, sauté onion in butter until tender. Stir in rice, garlic, and curry powder. Add broth, soy sauce and jalapeño, if desired. Bring to a boil. Reduce heat; cover and simmer for 20 minutes.

Remove from the heat and let stand for 5 minutes or until liquid is absorbed. Stir in green onions and pineapple chunks. Serves 12 to 14.

Nutritional Analysis: One 3/4 c. serving (prepared with low-sodium broth and light soy sauce) equals: 178 calories, 96 mg sodium, 1 mg cholesterol, 34 gm carbohydrate, 4 gm protein, 3 gm fat

Diabetic Exchanges: 1 starch, 1 vegetable, 1 fruit

FESTIVE PORK

1 (3/4 lb.) pork tenderloin, trimmed
1 tablespoon olive or vegetable oil
1/2 cup low-sodium beef broth, divided
2 tablespoons dried cranberries
1 1/2 teaspoons Dijon mustard
1 tablespoon orange juice concentrate
1 teaspoon cornstarch

Cut tenderloin into 12 slices; flatten to 1/4-inch thickness.

Brown in oil in a skillet over medium heat. Add 1/4 cup of the beef broth; cover and simmer for 5 to 10 minutes or until meat is no longer pink. Remove meat to a serving dish and keep warm.

Add cranberries, mustard and remaining broth to the skillet.

Combine orange juice concentrate and cornstarch until smooth; gradually add to broth mixture, stirring constantly. Bring to a boil; cook and stir for 1 to 2 minutes. Pour over pork. Serves 4.

NUTRITIONAL ANALYSIS: One serving equals 162 calories, 92 mg sodium, 50 mg cholesterol, 5 gm carbohydrate, 19 gm protein, 7 gm fat

DIABETIC EXCHANGES: 3 lean meat, 1/2 fruit

FRUITY SWEET POTATOES

4 medium sweet potatoes, unpeeled
1 tsp. low-fat margarine
1/4 C. unsweetened pineapple juice
2 T. low-sodium chicken broth
1 T. chopped pineapple
Pinch of cinnamon
Pinch of grated nutmeg
Pinch of allspice
Nonstick cooking spray

Preheat oven to 375°F. Boil the potatoes in a pan until tender, about 30 minutes. Remove skins. In a large bowl, mash the pulp. Add the margarine, fruit juice and broth and whip until fluffy. Add the chopped pineapple and spices. Coat a 1-quart baking dish with nonstick cooking spray. Transfer the potato mixture to the dish. Bake 30 minutes or until lightly browned. Makes 8 servings.

Nutrition information per 2/3 cup serving: 116 calories; 0.7g fat (0.2g saturated fat; 5% of calories from fat); 0.1mg cholesterol; 23mg sodium; 26.1g carbohydrate; 2.7g fiber; 1.8g protein

Exchange value: 1 1/2 starch

FUDGE POPS

**1 (14 oz.) can fat-free sweetened
condensed milk**

1/2 C. sugar

1/2 C. baking cocoa

2 1/2 C. skim milk

Artificial sweetener equivalent to 1/2 C. sugar

1 tsp. vanilla extract

12 (3 oz.) disposable plastic cups

12 Popsicle sticks

In a heavy saucepan, combine the first 3 ingredients; stir until smooth. Bring to a boil over medium-low heat; cook and stir for 1 minute. Gradually whisk in skim milk, whisking until cocoa and sugar are dissolved. Remove from the heat; stir in the sweetener and vanilla.

Pour into cups. Cover each cup with heavy-duty foil; insert sticks through the foil (foil will hold sticks upright). Place in a 13 x 9-inch pan. Freeze until firm, about 5 hours. Remove the foil and cups before serving. Serves 12.

Nutritional Analysis: One serving equals: 155 calories, 62 mg sodium, 3 mg cholesterol, 34 gm carbohydrate, 5 gm protein, 1 gm fat

Diabetic Exchanges: 2 starch

GARLIC–CAULIFLOWER STIR–FRY

- 3 T. butter or margarine**
- 1 large head cauliflower (about 3 lb.),
 broken into florets**
- 2 garlic cloves, minced**
- 1 T. minced fresh parsley or
 1 tsp. dried parsley flakes**
- 1 1/2 tsp. lemon–pepper seasoning**

In a skillet over medium heat, melt butter. Add cauliflower and garlic. Sprinkle with parsley and lemon pepper. Cook and stir for 12–15 minutes or until lightly browned and tender. Serves 8.

Nutritional Analysis: One 1/2 cup serving (prepared with margarine and salt-free lemon–pepper seasoning) equals: 63 calories, 78 mg sodium, 0 cholesterol, 5 gm carbohydrate, 2 gm protein, 4 gm fat

Diabetic Exchanges: 1 vegetable, 1 fat

HEARTY MACARONI SALAD

2 C. cubed cooked ham or chicken
4 C. cooked elbow macaroni
1 C. frozen cooked small shrimp, thawed
1 celery rib, chopped
1/4 C. chopped onion
1/4 C. chopped green pepper
1/4 C. chopped sweet red pepper
1/2 C. shredded Cheddar cheese

In a bowl, combine all the above ingredients.

Dressing

1/3 C. sour cream
1/3 C. mayonnaise
4 tsp. vinegar
1 tsp. snipped fresh dill OR 1/4 tsp. dill weed
1/2 tsp. salt (optional)
1/4 tsp. pepper
1/4 tsp. sugar

Combine all ingredients until blended. Pour over salad and toss to coat. Cover and chill for several hours before serving. Serves 8.

Nutritional Analysis: One 3/4 cup serving (prepared with chicken, reduced-fat cheese and nonfat sour cream and without salt) equals: 188 calories, 136 mg. sodium, 49 mg cholesterol, 14 gm carbohydrate, 12 gm protein, 9 gm fat

Diabetic Exchanges: 1 1/2 meat, 1 starch, 1/2 fat

ITALIAN CHICKEN

4 boneless skinless chicken breast halves
1 (14 1/2 oz.) can Italian stewed tomatoes
1 (4 oz.) can mushroom stems and pieces, drained
1/2 tsp. dried basil
1/4 tsp. garlic powder
1 T. cornstarch
1/3 C. cold water
Hot cooked spaghetti

In a large skillet coated with nonstick cooking spray; cook chicken for 5 to 6 minutes on each side or until the juices run clear.

Meanwhile, in a saucepan over medium heat, bring tomatoes, mushrooms, basil and garlic powder to a boil.

Combine cornstarch and water; add to tomato mixture. Return to a boil; cook and stir for 2 minutes. Serve chicken over spaghetti, top with tomato sauce. Serves 4.

NUTRITIONAL ANALYSIS: One serving (prepared with no-salt-added stewed tomatoes and calculated without spaghetti) equals: 177 calories, 178 mg sodium, 73 mg cholesterol, 7 gm carbohydrate, 28 gm protein, 3 gm fat

DIABETIC EXCHANGE: 3 very lean meat, 2 vegetables

LEMON CHICKEN AND RICE

**1 lb. boneless, skinless chicken
breasts, cut into strips
1 medium onion, chopped
1 large carrot, thinly sliced
2 garlic cloves, minced
2 T. butter or margarine
2 T. cornstarch
1 (14 1/2 oz.) can chicken broth
2 T. lemon juice
1/2 tsp. salt, optional
1 1/2 C. uncooked instant rice
1 C. frozen peas**

In a skillet, cook the first 4 ingredients in butter for 5 to 7 minutes or until chicken is no longer pink. In a bowl combine cornstarch, broth, lemon juice and salt if desired until smooth. Add to skillet and bring to a boil.

Cook and stir for 2 minutes or until thickened. Add rice and peas. Remove from the heat; cover and let stand for 5 minutes. Serves 6.

Nutritional Analysis: One serving (prepared with reduced-fat margarine and low sodium chicken broth and w/o salt) equals: 235 calories, 156 mg sodium, 43 mg cholesterol, 27 gm carbohydrate, 20 gm protein, 5 gm fat

Diabetic Exchanges: 2 lean meat, 1 1/2 starch. 1 vegetable

OATMEAL CHOCOLATE CHIP COOKIES

1/3 C. margarine, softened
1/2 C. firmly packed brown sugar
1 egg
3 tsp. vanilla extract
3/4 C. all-purpose flour
1/2 tsp. baking soda
1/4 tsp. salt
3/4 C. quick cooking rolled oats
1/3 C. semisweet chocolate chips

Preheat oven to 375°F.

Beat margarine at medium speed with an electric mixer until light and fluffy; gradually add brown sugar and beat well. Add egg and vanilla, beating well.

Combine flour, baking soda and salt. Gradually add flour mixture to margarine mixture, mixing well. Stir in oats and chocolate chips.

Coat cookie sheets with cooking spray. Using 2 teaspoons, drop dough onto cookie sheets, leaving about 2 inches between each cookie. Portion the dough so that you make about 3 dozen cookies. Bake 10 minutes or until light brown. Store in airtight container. Yields 3 dozen cookies.

Serving size: 2 cookies. Exch: 1 starch, 1/2 fat, 1 carbos

Nutr. Info per serv: Cals: 101, Carb: 14g, Prot: 1g, Fat: 4g, Sat. Fat: 1g, Sod 120mg, Fiber: 1g

ONE-POT DINNER

1/2 lb. lean ground beef
1 medium onion, chopped
1 C. chopped celery
3/4 C. chopped green pepper
2 tsp. Worcestershire sauce
1 tsp. salt (optional)
1/2 tsp. dried basil
1/4 tsp. pepper
2 C. uncooked no-yolk medium egg noodles
1 (16 oz.) can kidney beans, rinsed and drained
1 (14 1/2 oz.) can no-salt added stewed tomatoes
3/4 C. water
1 low-sodium beef bouillon cube

In a large saucepan or skillet, cook meat until no longer pink; drain. Add onion, celery and green pepper; cook for 5 minutes or until vegetables are crisp-tender. Add Worcestershire sauce, salt, if desired, basil and pepper. Stir in noodles, beans, tomatoes, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until noodles are tender, stirring occasionally. Serves 5.

NUTRITIONAL ANALYSIS: One 1-cup serving (PREPARED WITH lean ground beef, no-yolk egg noodles, no salt-added tomatoes, and low-sodium bouillon and without salt) equals: 282 calories, 91 mg sodium, 29 mg cholesterol, 39 gm carbohydrate, 19 gm protein, 5 gm fat

Diabetic Exchanges: 2-1/2 starch, 1 meat, 1 vegetable

ORANGE-TOPPED CHOPS

6 (1/2-inch thick) pork chops
1 T. vegetable oil
1 (11 oz.) can mandarin oranges, drained
1/2 tsp. ground cloves
Pepper, to taste

In a skillet, brown pork chops on both sides in oil. Top with oranges; sprinkle with cloves and pepper. cover and simmer for 35 minutes or until meat juices run clear. Serves 6.

Nutritional Analysis: One serving equals 167 calories, 39 mg sodium, 52 mg cholesterol, 6 gm carbohydrate, 11 gm protein, 7 gm fat

Diabetic Exchanges: 2 lean meat, 1/2 fruit, 1/2 fat

OVEN-FRIED CHICKEN OR PORK CHOPS

1 1/2 C. non-fat dry milk
1 T. paprika
2 tsp. poultry seasoning
1/4 tsp. pepper
4 boneless skinless chicken breast
halves (1 pound) or pork chops

Combine first four ingredients in a large resealable plastic bag. Add chicken or pork, one piece at a time, and shake to coat. Place in an 8-inch square baking pan that has been coated with non-stick cooking spray.

Bake, uncovered, at 350°F for 30 minutes or until juices run clear. Bake for 1 hour or until meat thermometer reads 160°F to 170°F. Serves 4.

NUTRITIONAL ANALYSIS: 240 calories, 204 mg sodium, 78 mg cholesterol, 15 gm carbohydrate, 36 gm protein, 4 gm fat.

DIABETIC EXCHANGES: 4 very lean meat, 1 starch.

PEANUT BUTTER COOKIES

1/4 cup margarine, softened
1 cup creamy style peanut butter
1/4 cup egg substitute
2 tablespoons honey
1/2 teaspoon vanilla extract
1 cup Splenda® Granular
1 1/2 cup all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt

Preheat oven to 350°F.

In a large bowl, beat margarine and peanut butter with an electric mixer until creamy, approximately 1 minute.

Add egg substitute, honey and vanilla extract. Beat on high speed for approximately 1 1/2 minutes.

Add SPLENDA and beat on medium speed until well blended, approximately 30 seconds.

In small bowl, combine flour, baking soda and salt. Slowly add flour mixture to peanut butter mixture, beating on low speed until well blended, about 1 1/2 minutes. Mixture may be crumbly.

Roll level teaspoons of dough into balls and drop onto a lined sheet pan, about 2 inches apart. Flatten each ball with a fork, pressing a crisscross pattern into each cookie. Bake 7–9 minutes or until light brown around the edges. Cool on wire rack. Serving size: 2 cookies. Makes 24 cookies.

Nutrients Per Serving: Serving Size 0.9 oz. (25g) (2 cookies); Calories 140; Carbohydrates 9g; Protein 3g; Dietary Fiber 1g; Total Fat 11g; Saturated Fat 2g; Cholesterol 0mg; Sodium 110mg

Diabetic Exchanges: Starch 1/2; Fat 2

PINEAPPLE UPSIDE-DOWN CAKE

**1 (14 oz.) can unsweetened crushed
pineapple in juice, undrained**
1/4 C. pecan pieces (optional)
2 T. lemon juice
**1 3/4 tsp. Equal Measure or 6 pkg. sweetener
or 1/4 C. Spoonful**
1 tsp. cornstarch
4 T. margarine (at room temperature)
**3 1/2 tsp. Equal Measure or 12 pkg.
sweetener or 1/2 C. Spoonful**
1 egg
1 C. cake flour
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/8 tsp. ground ginger
1/3 C. buttermilk

Drain pineapple, reserving 1/4 cup juice.

Mix pineapple, pecans, 1 tablespoon Equal and cornstarch in bottom of 8-inch square or 9-inch round cake pan; spread mixture evenly in pan.

Beat margarine and Equal in medium bowl until fluffy; beat in egg.

Combine flour, baking powder, baking soda and spices in small bowl. Add to margarine mixture alternately with buttermilk, 1/4 cup reserved pineapple juice and remaining 1 tablespoon Equal, beginning and ending with dry ingredients. Spread batter over pineapple mixture in cake pan. Bake in preheated 350°F oven until browned and wooden pick inserted in center comes out clean, about 25 minutes. Invert cake immediately onto serving plate. Serve warm or at room temperature. Yields 8 servings.

NOTE: If desired, maraschino cherry halves may be placed in bottom of cake pan with pineapple mixture.

Nutritional information per serving: cal:156, prot:3 g, carbos:22 g, fat:7 g, choles:27 mg, sod:257 mg

Food Exchange:1 1/2 bread,1 fat 46% calorie reduction from traditional recipe

SUGAR-FREE RAISIN BARS

1 C. raisins
1/2 C. water
1/4 C. margarine
1 tsp. ground cinnamon
1/4 tsp. nutmeg
1 C. all-purpose flour
1 egg, lightly beaten
3/4 C. unsweetened applesauce
1 T. sugar substitute
1 tsp. baking soda
1/4 tsp. vanilla extract

In a saucepan, over medium heat, cook the first 5 ingredients until margarine is melted; continue cooking for 3 minutes. Add all remaining ingredients.

Spread into an 8-inch square baking dish that has been sprayed with nonstick cooking spray. Bake at 350°F for 25 to 30 minutes or until lightly browned.

Nutritional Analysis: One serving equals 92 calories, 97 mg sodium, 13 mg cholesterol, 15 gm carbohydrate, 2 gm protein, 2 gm fat

Diabetic Exch. 1 starch, 1/2 fat

ROASTED CHICKEN WITH SAGE DRESSING

2 C. unseasoned dry bread cubes
1/2 C. chopped onion
1/4 C. chopped fresh parsley
3 T. chopped fresh sage
1 egg, beaten
3/4 C. chicken broth
1 (3 to 4 lb.) roasting chicken
Melted butter or margarine (optional)

In a large bowl, combine bread cubes, onion, parsley, sage and the egg. Add enough broth until stuffing is moistened and holds together. Stuff loosely into chicken. Fasten with skewers to close. Place with breast side up on a shallow rack in roasting pan. Brush with butter if desired. Bake, uncovered, at 375°F for 1 3/4 to 2 1/4 hours or until juices run clear. Baste several times with pan juices or butter.

Prepare gravy if desired.

Diabetic Exchanges: One serving (prepared with egg substitute and low-sodium chicken broth, without butter or margarine, and skin removed after baking) equals 4 lean meat, 2 starch, 1 vegetable

359 calories, 128 mg sodium, 85 mg cholesterol, 26 gm carbohydrate, 42 gm protein, 8 gm fat

ROASTED VEGETABLES

2 medium potatoes, peeled and cut into 1/2-inch cubes
2 medium carrots, cut into 1/2-inch slices
1 large zucchini, cut into 1/2-inch slices
1 large sweet red pepper, cut into 1-inch pieces
1 tablespoon olive or vegetable oil
1 teaspoon each dried basil and oregano OR
1 tablespoon each minced fresh basil and oregano
1/2 teaspoon salt (optional)
1/4 teaspoon pepper
2 garlic cloves, minced

In a mixing bowl, combine the first 4 ingredients. Combine the remaining ingredients; drizzle over vegetables. Stir to coat.

Transfer to an ungreased 13 x 9-inch baking dish. Bake, uncovered, at 375°F for 30 to 35 minutes or until tender. Serves 6.

Nutritional Analysis: One 3/4-cup serving (prepared without salt) equals:
80 calories, 13 mg sodium, 0 cholesterol, 14 gm carbohydrate,
2 gm protein, 3 gm fat

Diabetic Exchanges: 1 vegetable, 1/2 starch, 1/2 fat

SAGE POT ROAST

1 (5 lb.) lean boneless beef chuck roast
1 T. cooking oil
2 tsp. rubbed dried sage
1/2 tsp. salt (optional)
1/4 tsp. pepper
1 C. beef broth
6 medium red potatoes, cut in half
4 carrots, cut into 2-inch pieces
2 medium onions, quartered
5 tsp. cornstarch
1/4 C. water

In a Dutch oven, brown roast on both sides in oil. Season with sage, salt and pepper. Add beef broth. Cover and bake at 325°F for 2 1/2 hours.

Add potatoes, carrots and onions. Cover and bake 1 hour longer or until the meat is tender and vegetables are cooked.

Remove roast and vegetables to a serving platter and keep warm.

Combine cornstarch and water; stir into pan juices. Cook until thickened and bubbly. Serve with the roast.

Diabetic Exchanges: One serving (prepared with low-sodium beef broth and without added salt) equals 3 lean meat, 1 starch, 1 vegetable

301 calories, 59 mg sodium, 82 mg cholesterol, 16 gm carbohydrate, 27 gm protein, 14 gm fat

SHRIMP SCAMPI

8 oz. angel hair pasta
1 3/4 C. low-sodium chicken broth
2 garlic cloves, minced
1/4 tsp. salt-free lemon-pepper seasoning
1/4 C. chopped green onions, divided
1/4 C. minced fresh parsley, divided
1 lb. uncooked shrimp, peeled and deveined

Cook pasta according to package directions.

Meanwhile, in a large saucepan, combine the broth, garlic, lemon-pepper seasoning and 3 tablespoons each green onions and parsley. Bring to a boil. Add shrimp; cook for 3 to 5 minutes or until shrimp turn pink. Drain pasta and place in a serving bowl. Top with shrimp mixture and remaining onions and parsley. Serves 4.

NUTRITIONAL ANALYSIS: One serving equals: 250 calories, 398 mg sodium, 136 mg cholesterol, 33 gm carbohydrate, 23 gm protein, 2 gm fat.

DIABETIC EXCHANGES: 2 starch, 2 very lean meat, 1/2 vegetable.

STRAWBERRY SHORTCAKE

4 C. fresh strawberries, sliced
2 T. granulated sugar
2 packets Sweet 'N Low

In a large bowl, toss the strawberries, sugar, and Sweet 'N Low. Cover. Refrigerate until ready to serve.

Shortcakes

2 C. all-purpose flour
2 T. granulated sugar
2 packets Sweet 'N Low
1 T. baking powder
1/8 tsp. salt
6 T. reduced-calorie stick margarine
1/3 C. 1% fat milk
1/3 C. reduced-fat sour cream
3/4 C. reduced-fat frozen whipped topping, thawed

Preheat oven to 450°F.

In a large bowl, combine the first 5 ingredients. Cut in the margarine until the mixture resembles coarse crumbs. Stir in the milk and sour cream to make a soft dough. On a lightly floured surface, knead the dough 2 minutes. Press to a 3/4-inch thickness. With a 2 1/2-inch round cookie cutter, cut into 12 biscuits.

Spray a cookie sheet with nonstick cooking spray. Place the biscuits on the cookie sheet 1 inch apart. Bake for 10 to 12 minutes, or until the tops are golden brown. Cool on a wire rack.

To serve, split the shortcakes in half. Spoon 1 tablespoon whipped topping onto the bottom half of each shortcake. Top with approximately 2 tablespoons sliced berries. Replace the tops. Arrange the remaining berries on top of each shortcake. Makes 12 servings.

Diabetic exchanges: 1 starch, 1/2 fruit, 1 fat

*Per serving (1 shortcake with berries and whipped topping):
150 calories, 3g protein, 26g carbohydrate, 4g fat, 1g saturated fat,
1mg cholesterol, 65mg sodium*

SUGARLESS APPLE COOKIES

3/4 c. chopped dates
1/2 c. finely chopped peeled apple
1/2 c. raisins
1/2 c. water
1 c. plus 1 T. all-purpose flour
1 tsp. ground cinnamon
1 tsp. baking soda
1/2 tsp. salt (optional)
2 eggs
1 tsp. liquid sweetener

In a large saucepan, combine dates, apples, raisins and water. Bring to a boil; reduce heat and simmer for 3 minutes. Remove from heat; cool.

Combine flour, cinnamon, baking soda, and salt, if desired. Stir into apple mixture and mix well. Combine eggs and sweetener; add to batter.

Drop by tablespoonsful onto a nonstick baking sheet. Bake at 350°F for 10 to 12 minutes. Yields 2 dozen.

*Nutritional Analysis: One serving (prepared w/o added salt) equals:
54 calories, 24 mg sodium, 18 mg cholesterol, 18 gm carbohydrate,
1 gm protein, 1 gm fat*

Diabetic Exchanges: 1/2 starch, 1/2 fruit

OVEN SWISS STEAK

1 (2 lb.) boneless round steak (1/2 inch thick)
1/4 teaspoon pepper
1 medium onion, thinly sliced
1 (4 oz.) can mushroom stems and pieces, drained
1 (8 oz.) can no-salt-added tomato sauce
Hot cooked noodles

Preheat oven to 325°F.

Trim beef; cut into serving-size pieces. Place in a greased 13 x 9-inch baking dish. Sprinkle with pepper. Top with onion, mushrooms and tomato sauce.

Cover and bake for 1 3/4 to 2 hours or until meat is tender. Serve over noodles. Serves 8.

Nutritional Analysis: one serving (Calculated without noodles) equals: 209 calories, 112 mg sodium, 68 mg cholesterol, 4 gm carbohydrate, 26 gm protein, 10 gm fat.

Diabetic Exchanges: 3 lean meat, 1 vegetable.

TERIYAKI KABOBS

1/3 C. soy sauce
2 T. vegetable oil
1 T. brown sugar
1 garlic clove, minced
1 tsp. ground ginger
1 tsp. seasoned salt
1 1/2 lb. boneless sirloin steak,
cut into 1 1/4-inch cubes
12 whole mushrooms
1 large green pepper, cut into 1 1/2-inch pieces
1 large onion, cut into wedges
12 cherry tomatoes

In a bowl, combine soy sauce, oil, brown sugar, garlic, ginger and salt; mix well. Pour half of the marinade into a large resealable plastic bag or shallow glass container; add beef and turn to coat. Seal or cover; refrigerate for 4 to 8 hours, turning occasionally. Cover and refrigerate remaining marinade.

Drain meat; discard marinade. On metal or soaked bamboo skewers, alternate meat, mushrooms, green pepper, onion and cherry tomatoes; leaving 1/4 inch between each. Grill, uncovered, over medium heat for 3 minutes on each side. Baste with reserved marinade. Continue turning and basting for 8 to 10 minutes or until meat reaches desired doneness. Serve meat and vegetables over rice if desired. Serves 6.

*NUTRITIONAL ANALYSIS: One serving (calculated without rice) equals:
244 calories, 690 mg sodium, 77 mg cholesterol, 10 gm carbohydrate,
29 gm protein, 10 gm fat*

DIABETIC EXCHANGES: 3-1/2 lean meat; 2 vegetables

TEXAS BEAN DIP

1 (15 1/2 oz.) can black beans, drained
1 (15 1/2 oz.) can red beans, drained
1 tsp. canola oil
2 cloves garlic, minced
1/2 C. chopped onion
1/2 C. diced tomato
1/2 C. mild picante sauce
1/2 tsp. ground cumin
1/2 tsp. chili powder
1 T. diced jalapeño pepper
1/4 C. low-fat Monterey Jack cheese,
coarsely grated
1 T. fresh lime juice
Low-fat tortilla chips

Place beans in a bowl; partially mash with a potato masher or wooden spoon until chunky.

Heat oil in a frying pan. Add onion and garlic; sauté for 4 minutes over medium heat. Add beans, tomato, picante sauce, cumin, chili powder and pepper. Cook for 5 minutes or until thick, stirring constantly. Remove from heat and stir in the cheese and lime juice. Stir until well blended and cheese has melted.

Serve warm with tortilla chips. Makes 40 (1-tablespoon) servings.

Nutrition information per tablespoon: 19 calories; 0.2g fat (0g saturated fat; 8% of calories from fat); 0mg cholesterol; 107mg sodium; 3.6g carbohydrate; 1.2g fiber; 1.1g protein

Exchange value per tablespoon: 1/4 starch

TORTELLINI SOUP

1 medium onion, chopped
1 garlic clove, minced
2 C. (14 1/2 oz.) low-sodium chicken broth
8 oz. cheese tortellini
1 (14 1/2 oz.) can no-salt added, Italian stewed tomatoes
1 (10 oz.) pkg. frozen chopped spinach, thawed and drained

In a large saucepan coated with nonstick cooking spray, sauté onion and garlic until tender. Add broth; bring to a boil. Add the tortellini; reduce heat. Simmer for 10 minutes or until tortellini are tender. Stir in tomatoes and spinach; heat through. Serves 7.

DIABETIC EXCHANGES: One 1-cup serving equals: 1 starch, 1 vegetable, 1 fat;

ALSO 147 calories, 186 mg sodium, 14 mg cholesterol, 22 gm carbohydrate, 8 gm protein, 4 gm fat.

TURKEY BOW TIE SKILLET

1/2 lb. ground turkey breast
1 1/2 tsp. vegetable oil
3/4 C. chopped celery
1/2 C. chopped onion
1/2 C. chopped green pepper
1 garlic clove, minced
1 (14 1/2 oz.) can chicken broth
2 C. uncooked bow-tie pasta
1 (14 1/2 oz.) can stewed tomatoes
1 T. vinegar
3/4 tsp. sugar
1/2 tsp. chili powder
1/2 tsp. garlic salt, optional
2 T. grated Parmesan cheese
1 T. minced fresh parsley

In a large skillet or Dutch oven, brown turkey in oil. Add celery, onion, green pepper and garlic; cook until vegetables are tender. Remove turkey and vegetables with a slotted spoon and keep warm.

Add broth to the pan; bring to a boil. Add pasta; cook for 10 minutes or until tender. Reduce heat; stir in tomatoes, vinegar, sugar, chili powder, garlic salt if desired and turkey mixture. Simmer for 10 minutes or until heated through. Sprinkle with Parmesan cheese and parsley. Serves 6.

Nutritional Analysis: One (1-cup) serving (prepared with low-sodium broth and no-salt-added tomatoes and without garlic salt) equals: 208 calories, 128 sodium, 22 mg cholesterol, 30 gm carbohydrate, 15 gm protein, 3 gm fat. Diabetic Exchanges: 2 starch, 1 meat

TURKEY BURGERS

1 lb. ground turkey breast
Egg substitute equal to 1 egg
1/4 C. dry bread crumbs
1 tsp. steak sauce
1 tsp. spicy brown mustard
1/4 tsp. dried thyme
1/4 tsp. pepper
4 hamburger buns, split
Lettuce leaves and tomato slices

In a bowl, combine the first 7 ingredients. Shape into four burgers (for easier shaping, use cold wet hands or disposable plastic gloves). Pan-fry, grill or broil until no longer pink. Serve on buns with lettuce and tomatoes. Serves 4.

NUTRITIONAL ANALYSIS: 285 calories, 411 mg sodium, 35 mg cholesterol, 26 gm carbohydrate, 33 gm protein, 6 gm fat

DIABETIC EXCHANGES: One serving equals 4 very lean meat, 2 starch

VEGGIE DILL DIP

Plan ahead as this needs to chill overnight

1 (16 oz.) ctn. low-fat cottage cheese

3 T. skim milk

3/4 C. fat-free mayonnaise

1 T. dried minced onion

1 T. dried parsley flakes

1 tsp. dill weed

1 tsp. seasoned salt

1/4 tsp. garlic powder

In a blender, blend cottage cheese and milk until smooth. Stir in remaining ingredients and mix well. Chill overnight. Serve with raw vegetables.

DIABETIC EXCHANGES: One tablespoon serving equals a free food

NUTRITIONAL ANALYSIS: 24 calories, 233 mg sodium, 1 mg cholesterol, 2 gm carbohydrate, 3 gm protein, trace fat

ZUCCHINI BREAD

2 3/4 C. all-purpose flour
1/2 C. wheat germ
1 T. baking powder
1/2 tsp. baking soda
1 tsp. salt
2 tsp. ground cinnamon
1/2 tsp. each ground nutmeg, mace and cloves
1/2 C. skim milk
1/4 C. vegetable oil
6 pkg. Sweet'N Low granulated sugar substitute
1/2 C. sugar
4 egg whites (or scant 1/2 C. liquid egg substitute)

Preheat oven to 350°F. Spray a 9 x 5-inch loaf pan with nonstick cooking spray.

In a medium bowl combine all ingredients up to the milk.

In a large bowl combine milk, oil, Sweet 'N Low, sugar and egg whites. Stir in dry ingredients and zucchini; blend well. Pour batter into prepared pan. Bake 1 hour 10 minutes to 1 hour 20 minutes or until a wooden pick inserted in center comes out clean. Cool on wire rack 5 minutes.

Remove from pan and cool completely on rack. Makes one large loaf.

Per slice (14 slices per loaf): 180 cals, 5 g prot, 5 g fat, 30 g carbo, 0 mg chole, 278 mg sod

Diabetic Exchange: 2 starch/bread, 1 fat